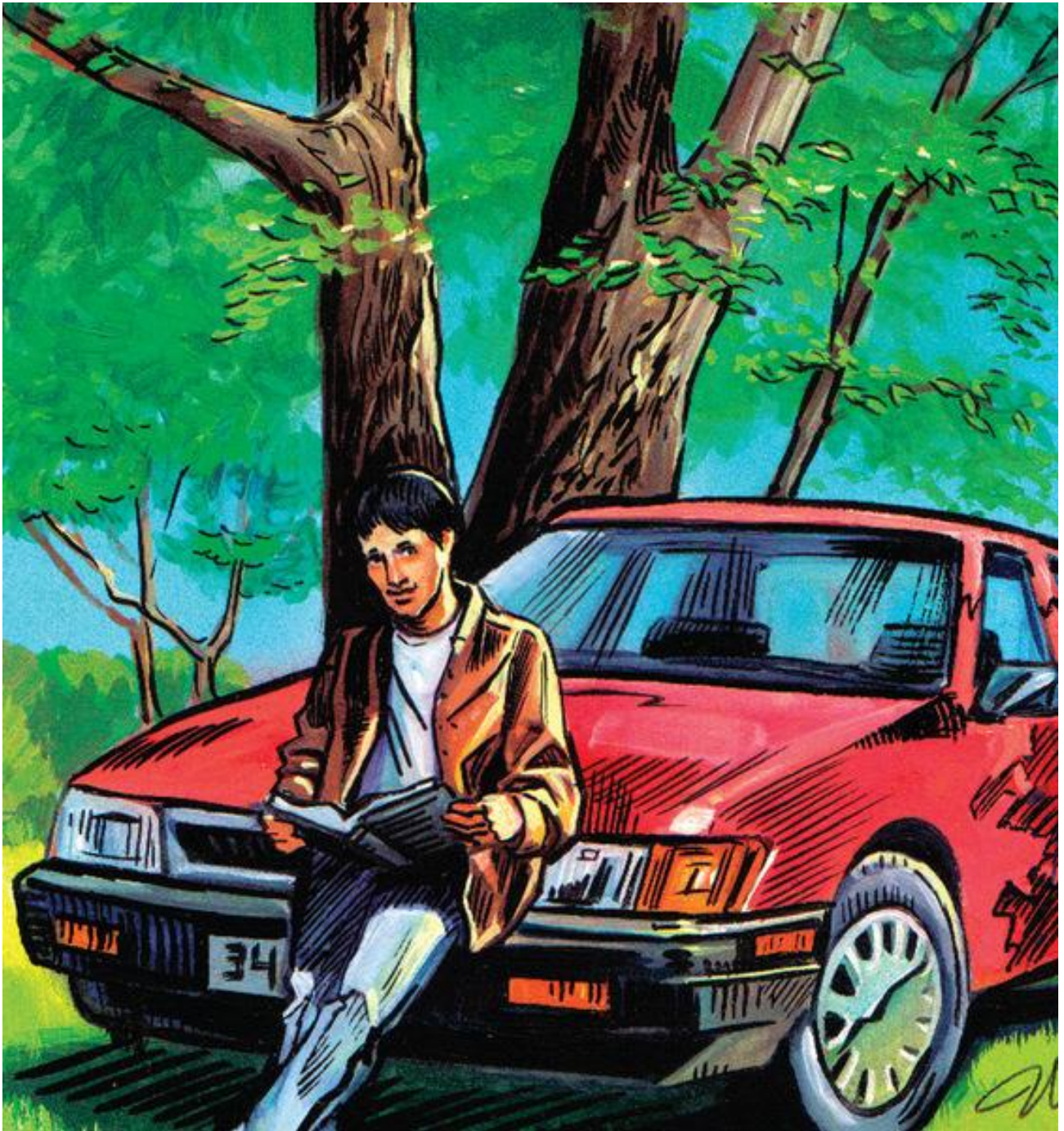


How to Run a Million Miles



LESSON NINE

KARL WON'T SAY HIS TOYOTA COROLLA IS OLD, BUT THE INSURANCE ON IT COVERS FIRE, THEFT, AND INDIAN RAIDS.

For 250,000 miles now, Karl's car has been as reliable as a sunrise. And he wouldn't trade it for a Corvette. (OK, that's an exaggeration!)

Most car owners brag when the odometer rolls over at 100,000 miles. Karl is cruising toward three times the 100,000-mile mark, and he's still waiting for a mechanical breakdown.

So what's the secret to a quarter of a million miles of trouble-free transportation?

It's simple: follow the maintenance schedule in the owner's manual. The day Karl drove off the car lot, he determined to follow the manufacturer's guidelines. Even though he is not at all mechanically inclined, he can do the simple stuff. Every 4,000 miles he changes the oil. Every 40,000 miles he changes the spark plugs. And every 1,000,000 miles he may change cars!

The Japanese (makers of the Toyota) taught the world to make cars that last longer. Now the Japanese are teaching people to last longer. Recently, Japan's health ministry surveyed 4,000 Japanese who are a hundred years old or older and asked them for the secret to a long, healthy life. As it turns out, their secret is as ancient as the Bible! What these old-



timers shared has been in our Owner's Manual (the Bible) all along.

For friends of Jesus, this should not be a surprise. Over and over we've seen how much Jesus loves us. Like any best friend, He wants the best for us. That's why God tells us in the Bible how we can live happier, healthier lives. By following God's counsel we can get the most out of our friendship with Jesus.

Good health comes not by accident, but by recognizing that our body is a special place where God lives through His Holy Spirit. We

learned about this in Lesson 7.

In 1 Corinthians 6:19, 20 Paul adds that our body temple does not belong to us. Jesus bought it by dying on the cross for us.

Everything about you—your health, your body, your mind, your feelings—is so important to Jesus that He died so that you can live with Him forever. Until that day in heaven, however, Jesus wants you to be happy here.

So what are the biblical principles for good health? An easy way to remember them is by using the letters of the word NEWSTART.

THOUGHT QUESTION

Our bodies don't actually belong to us, but to God.

- ☐ False
- ☐ True

NEWSTART®

N STANDS FOR NUTRITION. This has to do with your diet—eating food that is good for you. Originally, God's diet for man did not include meat. Man's diet was fruits, vegetables, grains, and nuts. Today we call this a vegetarian diet. Some people today still follow God's original diet.



E STANDS FOR EXERCISE. Check out the Owner's Manual: "Physical exercise has some value, but spiritual exercise is valuable in every way, because it promises life both for the present and for the future" (1 Timothy 4:8, TEV).

Modern science confirms the wisdom of God's Word. Here are just a few of the benefits of exercise:

- Improves your skin.
- Clears the mind and promotes thinking.
- Produces a brain chemical that helps you feel good about yourself.
- Do something fun and active every day!

W STANDS FOR WATER. Since water is essential to every cell in the body, it's important to drink about eight glasses a day. Think of it in terms of washing a shirt. Is it easier to clean a stain with a tablespoon of water or a gallon? In the same way, the inside of your



body needs lots of water to do its job. Oh, and don't forget to use water on the outside as well!

S STANDS FOR SUNSHINE. Sunshine helps the body make vitamin D, an essential nutrient, in the skin. Sunlight kills germs and bacteria, and it can pep up your attitude, too. This doesn't mean that the more sun you get, the better. If you've ever had a sunburn, you know that you can get too much of a good thing. This brings us to the next letter.

T STANDS FOR TEMPERANCE. Temperance means two things: first, stay away from everything that is bad for you, and second, use the right amount of the things that are good for you. For example, drugs and alcohol are bad for you and should be avoided. Again, the

Owner's Manual informs us about this. Temperance also means to use what is good in moderation. Although water is good for you, that doesn't mean you should drink twenty gallons a day.

A IS FOR AIR. You can't survive without air. But the kind of air you breathe is also important. That's why smoking is so damaging. It causes lung cancer, emphysema, heart disease, and other diseases because it suffocates your body with impure air. Jesus loves you too much to see you suffer from the bad choice of smoking. He wants you to be happy, and if you can't breathe, well, that's a big problem!



R IS FOR REST. This means more than just getting enough sleep. It's important to get eight hours of sleep a night (kids your age need even more), but the principles of rest in Scripture include a weekly day of spiritual renewal (the Sabbath) as well. We'll learn more about this in Lesson 11.

Jesus said, "Come to Me all you who labor and are heavy laden, and I will give you rest" (Matthew 11:28). He is the ultimate source of rest!

IT IS FOR TRUST IN GOD. When you live according to the Owner's Manual, you can relax. Just trust that the Creator knows what is best for you.

Usually young people aren't too concerned about healthful living because getting old seems so far away. But the habits you form now will determine the length and quality of your life.

Jesus gave you these health guidelines because He loves you so much that He wants to make your life better. How will you respond to this love?

§§§

30 WAYS TO HELP YOUR HEALTH

- | | |
|---|--|
| ✓ Drink lots of water | rejoice and be glad in it" (psalm 118:24) |
| ✓ Learn to love lentils | |
| ✓ Giggle | ✓ Live the same in public as you do in private |
| ✓ Bite a bagel | ✓ Sing a song |
| ✓ Don't go to bed angry | ✓ Play on a swing set |
| ✓ Eat a lot of broccoli | ✓ Cry when you feel like it |
| ✓ Sit in the woods | ✓ Study to learn, not just to get good grades |
| ✓ Jump rope | ✓ Try a trampoline |
| ✓ Read something funny | ✓ Give generously |
| ✓ Avoid caffeine | ✓ Never experiment with smoking, alcohol, or drugs |
| ✓ Read the bible | ✓ Don't slouch |
| ✓ Eat a hearty breakfast | ✓ Limit your time watching tv and surfing the net and make it positive |
| ✓ Remember: "the more you rely on unhealthy foods and between-meal snacks, the hungrier you feel" | ✓ Know what's right and don't give in to peer pressure |
| ✓ Don't squeeze pimples | ✓ Be a dreamer |
| ✓ Set ambitious goals | |
| ✓ Ask questions | |
| ✓ Wear a seat belt | |
| ✓ Start every day by exclaiming: "this is the day the lord has made; let us | |
| ✓ AND a doer | |

THOUGHT QUESTION

Water, sunshine, and fresh air are all necessary for our bodies.

- ☐ False ☐ True

Originally, God designed human beings to eat:

- ☐ just "clean" meat. ☐ vegetables, nuts, fruits, and grains.

DEAR GOD, thank You for loving me so much. Help me to follow Your instructions so I can care properly for my body and mind. I love You and want to be like You. In Jesus' name, Amen.

MY DECISION

Take a moment to reflect on the following statements, placing a check mark next to each statement you relate to.

- ☐ I want to trust God to take care of me.
- ☐ I want to avoid things that harm my body and use good things in the right amount.
- ☐ I want to thank God for showing me how to be healthy.



Name:

Age: **Parent's Phone Number**

Address